

## ABSTRACT

A method of producing polyurethane mold foam and  
5 polyurethane mold foam produced by the method are provided.  
With the method, the foam is formed by pouring a polyurethane  
foam material into a cavity shaped in a mold and foaming the  
material. A polyurethane foam material used as the foam  
material has an aspect ratio of 1 to 2.5 for a cell foamed in  
10 foam obtained free foaming.